Be Careful in Using Soap on Your Hair

THIS WILL INTEREST STOMACH SUFFERERS

Says Indigestion comes from an excess of hydrochloric

A well-known authority states that stomach trouble and indigestion is nearly always due to acidity—acid stomach—and not, as most folks believe, from a lack of diges tive juices. He states that an excess of hydrochloric acid in the stomach retards digestion and starts food fermentation, then our means sour like garbage in a can, forming acrid fluids and gases, which in flate the stomach tike a toy balloon. We then get that heavy, lumpy feeling in the chest, we eructate sour food, beich gas, or lave heartburn, latulence, waterbrash, or nausea.

We then get that heavy, lumpy feeling in the chest, we structate sour food, belich gas, or have heartburn, flatulence, waterbrash, or nausea. He tells us to lay aside all digestive nids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast while it is effervesting, and furthermore, to continue this for one week. While relief follows the first dose, it is important to incutralize the acidity, remove the gas making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.

Ind Salts is inexpensive and is made from the acid of grapes and lemon juice, combined with lithin and sodium phosphate. This harm less salts is used by thousands of people for stomach trouble with excellent results.

for stomach trouble with ex



THIS OVAL BUTTONHOLE

le easy to button or unbutton, holds your collar in place and mears as long as your collar; it is a practical reason for



ADVERTISEMENT.

Ruddy Cheeks—Sparkling Eyes -Most Women Can Have Says Dr. Edwards, a Well-Known Ohio Physician

Dr.F.M. Edwards for 17 years treated scores of women for liver and bowel ailments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets. You will know them by their olive color.

These tablets are wonder-workers on the liver and bowels, which cause a normal action, carrying off the waste and poisonous matter in one's system. If you have a pale face, sallow look, dull eyes, pimples, coated tongue, head-aches, a listless, no-good feeling, all out of sorts, inactive bowels, you take one of Dr. Edwards' Olive Tablets nightly for a time and note the pleasing results.

Thousands of women as well as men take Dr. Edward's Olive Tablets—the successful substitute for calomel—now and then just tokeepin the pink of condition. 10c and 25c per box. All druggists.

Do Not Neglect a Cold, However Slight,

Watch how swiftly Mr. Gold speeds.



Feature Films For Next Week

Most scaps and prepared shampoos ontain too much alkali, which is very adurtous, as it dries the scalp and sakes the hair brittle.

The best thing to use is just plain unistified coccanut off, for it is pure and entirely greaseless. It's very heap, and beats the most expensive

nd entirely greaseless. It's very heap, and beats the most expensive caps or anything else all to pieces. Ou can get this at any drug store, and a few concess will last the whole amily for months.

Simply moisten the hair with water of rub it in, about a teaspoonful is il that is required. It makes an bundance of rich, creamy lather, leanses thoroughly, and rinses out asily. The hair dries guickly and wenly, and is soft, fresh looking, right fluffy, ways, and easy to haille. Besides, it loosens and takes out very particle of dust, dirt, and dan ruff.

THIC WILL INTERCT

APOLLO-Sunday and Monday, Pauline Prederick in "Madame Jealousy." Tuesday, Ethel Clayton in "Whitms of Society." Wednesday and Thursday. Clara Kimball Young in "The Martonottes." Friday. Charles Bay in "The Hired Man." and Benjamin Chapin in "My First Jury." Saturday, Vivian Martin in "The Petticoat Pilot," and the Mack Sennett comedy, "His Hidden Purpose."

AVENUE GRAND Sunday Madge.

comedy, "His Hidden Purpose."

AVENUE, GRAND—Sunday, Madge Kennedy in "Our Little Wife." Monday, Conway Tearle in "The World For Sale." Tucsday, Edith Storey in "Eyes of Mystery," and Benjamin Chapin in "My First Jury." Wednesday and Thursday, Mary Pickford in "Stella Maris." Friday, Vivian Martin in "Petticoat Pilot," and Charles Murray in "Watch Your Neighbor." Saturday, Constance Talinadge in "The Studio Girl," and a Keystone comedy, "A Hindoo Doodoo."

comedy, "A Hindoo Doodoo."

AMERICAN —Sunday, Tom Moore in "Brown of Harvard." Monday, Myrtle Gonzales in "The Show Down." Tuesday, Edward Earle in "The Blind Adventure." Wednesday, Constance Taismadge in "The Honeymoon." Thursday, Kitty Gordon in "The Divine Sacrifice." Friday, Douglas Fairbanks in "The Modern Musketeer." Saturday, Markuerite Clark in "The Seven Swans." and Benjamin Chapin in "My First Jury."

Washington needs a law which will schools has been pledged to the campaign which is designed to stimulate principle of limited means to paign which is designed to stimulate pornel to day of the means to paign which is designed to stimulate home garden work. Each member will wear a badge and such marks of metric as the or she shall earn in the garden cultivating vegetables. Citiens' Committee, appeinted more than eight years ago to do away with the "loan shark" evils, who reviewed at length the decision of the District Court of Appeals in the Horning case, handed down Monday.

First Jury."

STRAND-The two attractions Raiders."

RAIDS CITY WHEN DRUNK ON JAMAICA GINGER

ORMULGEE, Okla., March 7 .-Crazed, according to the police, from horseback through the streets firing at houses and passers by with re-

FIRST "JITMARINE" READY IN SUMMER

The first submarine destroyer of the series to be built by Henry Ford for the navy will be ready for its trial trip early this summer, the Navy De-partment announced today.

These boars of which several score have been contrasted for, will not be built in guarrity production until after the one now under construction has been tried out and found to has been tried out and found to meet

INSURANCE STATEMENT STATEMENT OF THE CONDITION

The Commonwealth Insurance Co. of New York

the flat day of F- ember, DHT as re-fred unifor the Identit of Cadumina Cate, sended Julie 50 Dec, and August 18, 201, pdfal stock pald up, in cash. Theo.000.00

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LIABILITIES	2000	-
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	4,180	ò
Cutumitetons, brokernge, etc	5.427	2

Capital stock Federal, State and other

W. P. TOUNG, Vice President. ROBERT NEWBOULT, Secretary, Subscribed and sworn to before me this Ed day of February, 1918. W. W. APGAR, Notary Public, Bronx County, No. 8, Register No. 995 Certificate filed in New York County, New York County No. 21, New York Register No. 8904.

Juvenile Star At Garden Tonight



Pawn Shops Needed,

"The Citiens' Committee underbooked for next week are "Empty booked for next week are "Empty Pockets" and "The Light Within."

GARDEN—Sunday to Wednesday.

GARDEN—Sunday to Wednesday. GARDEN—Sunday to Wednesday, Mary Pickford in Mary Pickford in Alice Joyce in "The Woman Between Friends," to be followed by "Morgan's Raiders."

PLAZA—Sunday, Monday, and Tuesday, "The Midnight Trail," starring William Russeal.

CIRCLE—Sunday, Mary Pickford in District."

Many important subjects," said Mr. Society of Philosophical Inquiry of Washington. This society, which recently celebrated its twenty-fifth and interest that a 2 per cent a society in the city outside of those at the universities.

ADVERTISEMENT

CIRCLE—Sunday, Mary Pickford in
"Stella Maris," and a Billy West comedy entitled "Matrimonial Adventure."

STANTON—Sunday, Theda Bara in the eight-real Fox production "Camble."

HOWE—Sunday, Clara Kimball brokers."

Ilcensed lenders to residents of the District.

The need of such a law at this time is paramount. The District can have no pawn shops or small loan offices unless the existing law, which allows a charge of 1 per cent a month is amended, to allow greater revenues to conscientious and honest brokers."

No matter how your

mille"

HOME—Sunday. Clara Kimball Voung in "Shirley Kaye," and the third chapter of the "Son of Democracy," featurin: Henjamin Chapta in "My First Jury."

OLYMPIC—Sunday Clara Kimball Young in "Shirley Kaye," Monday Marguerite Clark in "Bab's Burglar," Tuesday, Constance Talmadge in "The Honeymoon." Wednesday, Wallace Honeymoon." Wednesday, Wallace Woman's welfare branch National Regain the Youthful color of your hair is gray, streaked with gray or faded, it gives a look amend the present law by allowing a greater rate of interest to be of age—a serious handicap today, when the call is all for youth.

And yet there is a simple easy way to overcome it. Just as have thousands of others, you too can regain the youthful color of your hair is gray, streaked with gray or faded, it gives a look of age—a serious handicap today, when the call is all for youth.

And yet there is a simple easy way to overcome it. Just as have thousands of others, you too can regain the youthful color of your hair is gray.

Marguerits Ciark in "Bab's Burglar.
Tuesday, Constance Talmadge in "The
Honeymoon." Wednesday, Wallace
Reid in "Nan of Music Mountain."
Thursday, Margarita Fisher in "Jilted
Janet." Friday, Francis X. Bushman
and Beverly Bayne in "Under Sus
ploien." Saturday, June Elvidge in
"Broken Ties."

LEADER—Starting Sunday and all
week Victor Hugo's great story, "Les
Miserables," featuring William Farnum. actually being done at a 3 per cent rate, and leaves the way clear for the enactment of an amendment for a 2 per cent a month law, for which the citizens' committee has worked for more than eight years."

LIBRARY CALLS FOR 3,000 WAR GARDEN PRIMERS

The "city farmer" of Washington is going to break all received, Judgained countries had adopted the Swiss are "studying up" on planting. Today 3,000 war garden primers were sent to the l'ubile Library by the National War Garden Commission, in the Maryland building. The demand for these primers, according to Assistant Librarian Blessing, breaks last year's records, and the first thousand went quickly. Today a request from Librarian Bowerman caused the extra 3,000 to be rushed to the library in a taxicab.

BERNE, Switzerland, March 7.—If all the bread ticket until you take the train to cross the border. Nothing could be more complete than the Swiss system of bread rationing. If you "keep house" other necessities are to be had in much the same way as bread.

A universal ration book has been devised by the prefect of police at Geneva, which will probably become front it pulled into the station at cleneva. A genderme hunded me a bread card with 25 and 50 gram could be more complete than the Swiss system of bread rationing.

If you "keep house" other necessities are to be had in much the same way as bread.

A universal ration book has been devised by the prefect of police at Geneva, which will probably become the national book. Each leaf is divided into numbered and lettered squares. For instance, the first leaf is pink, the squares numbered 1 to 50 and

in a taxicab.
"The gardeners are going to cele-brate War Garden Week April 1 as never before," said P. S. Ridsdale. ecretary of the commission, today "Just give the gardeners that extra hour of daylight in the daylight sav-ing bill and the pantry shelves will

5,000,000 CHILDREN

Plans for a general enrollment cam

storer. This delightful toilet accessory does not dye the hair, but restores the natural color and gloss

tively eradicates dandruff. Sold by all good druggists every-

INSURANCE STATEMENTS

INSURANCE STATEMENTS

STATEMENT OF THE CONDITION OF THE

drinking Jamaica ginger, Clyde Blyer, a teamster, was arrested by a possed during the night after he had ridden. Phoenix Mutual Life Insurance Co.

Of Hartford, Conn.

A negro was shot through the head On the list day of December, 1917, as required under the District of Columbia and instantly killed.

Code, amended June 26, 1902, and August 18, 1911. Code, amended June 28, 1902, and August 18, 1911.

ABBETS		TABILITIES.		
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HARRY E. JOHNSON, Secret	ars.	JOHN M. HOLFOMER, I	redden	t
Subscribed and sworn to (sent)		a this zith day of Pohrmary, BURT b. WHARLES, Notary		

L. E. ALBERT, Gen. Agent, District of Columbia and Virginia.

W. A. WILSON, District Agent G. A. AHALT, Cashier.

> 501-2 Westory Building, Washington, D. C. STATEMENT OF THE CONDITION OF THE

National Surety Company Of New York

On the Sist day of December, 1917, as required under the District of Columbia Code, amended June 20, 1925, and August 18, 1911. ASSETS.

LIABILITIES

4.00.00

ASSETS.

LIABILITIES

LIAB Amount of risk assumed and charanter of bishness fransacted
for accepts
for

> Pulsershed and except to before risetids fitting of February, 1915.
>
> II. H. LAMMETT, Noury Public. WASHINGTON BRANCH OFFICE, W. H. RONSAVILLE, Resident Manager., 524-527 MUNSEY BUILDING.

BURERT J. HEWITT Descripty

SWISS RATIONING PLAN MIGHT SAVE **WORLD SHORTAGE**

the squares numbered 1 to 50 and lettered with an "A." The second is yellow, similarly numbered and stamped with a "R." And so on.

Account For Each Item.

Some of these leaves are already in

canton of Geneva thinks it wise to

By WILLIAM PHILIP SIMMS. | "control card." However, you do not

BERNE, Switzerland, March 7 .- If yield the bread ticket until you take

pons attached, good for 450 grams of bread—the ration for two days. All Must Register. This was the temporary card. With t was a printed slip calling attention. to the police regulation that everyone must register at the city half use, representing milk, butter, lard, sag next fail as they have never one must register at the city name to representing into, butter, lard, sagged before. Any same in Wash- wherever he stops, within twenty- sugar, cheese, etc. The remainder sagged before. Any one in Wash- wherever he stops, within twenty- sugar, cheese, etc. The remainder ington can have this free war garden four hours after his arrival in Switz- are in reserve and at any time the When you register you leave your ration its inhabitants on anything, all When you register you leave your ration its innantants on any companies of the place in the space reserved in newspapers for ration and recomments of the month. Every man, woman, and child in Switzery man, woman, woman, and child in Switzery man, woman, woman, woman, woman, wom

JOIN GARDEN ARMY

Five million school children of the nation are to be enrolled in the United States Garden Army to do their bit for Uncle Sam during the coming

Washington needs a law which will schools and the Catholic parochial schools has been pledged to the came

Ph. D. of the department of philos

gradually and evenly.

Q-BAN won't stain the scalp,
wash or rub off and does not interfere with washing or waving the
hair. An excellent tonic and posi-

where on Money-Back guarantee Price 75c.

Solves the Butter Problem

Troco is not merely a butter substitute; it is the successor to butter. It tastes exactly like the finest creamery butter and is as digestible as butter, with the same high nutritive value.

Troco solves the butter problem for those who hitherto have used nothing but the best creamery butter. These critical users say that rarely is butter so sweet and delicate in flavor.

But don't just ask for "nut butter" or "nut margarine" and expect to enjoy this de luxe flavor.

Ask for Troco and get the real butter flavor.

Made from Vegetable Fat

shredded on cake.

churned with pasteurized milk by an exclusive process which gives Troco the delicate butter flavor.

Ask your dealer for a capsule of the vegetable coloring used by butter makers.

Marine Corps Baton May Prove Mightier Than Pen or Sword

QUANTICO, Va., March 7 .- The deadly baton may yet prove mightler than the pen or sword as a warlike implement. Musical directors at the United States Marine Corps training camp here are now wielding the stick made famous by Sousa when he was leader of the Marine Band.

"From the Halls of Monteguma" and the well-known ballads of the sea soldiers are sung as a part of the daily routine, while the new batch of war songs are tried out and added to the list or discarded, according to the fancy of the singers.

"We allow our men to make their own choice of songs," said a Marine Corps officer. "Our main object is to create a 'singing army," a splendid idea that has been put in practice by all the allied forces, and one that tends to keep the morale of the men at the top notch of fighting efficlency."

Recently a detachment of marines landed at a French port, all here." Their singing was greeted with rousing cheers by our allies. singing, "Hail, hail, the gang's

s permanent bread ticket containing a permanent bread ticket containing roupons for 220 grams of bread daily for the remainder of the month. Every man, woman, and child in Switzerland has his or her bread ticket. It be exchanged on that day for so much chocolate per head."

In the directors of her needs, little neutral Switzerland may yet solve the neutral Switzerland may yet solve the "HELLO" GIRLS WIN FIGHT. BOSTON, March 7 .- The telephone Turn In All Cards.

At the end of your stay you redeem your passport by turning in the directions.

And the end of your stay you redeem your passport by turning in the lations.

Chocolate per nead.

In the directs of her needs, little girls have won their demands for an increase in wages, and there will be no walkout of the more than 4,000 operatives tomorrow morning.

OFFICIALS MOVE FROM SINN FEIN

LONDON, March 7 .- Steps are being taken today to put down the re-volt of the Sinn Felners who, ac-cording to dispatches, have taken possession of the town of Kiltamagh, County Mayo, Ireland.

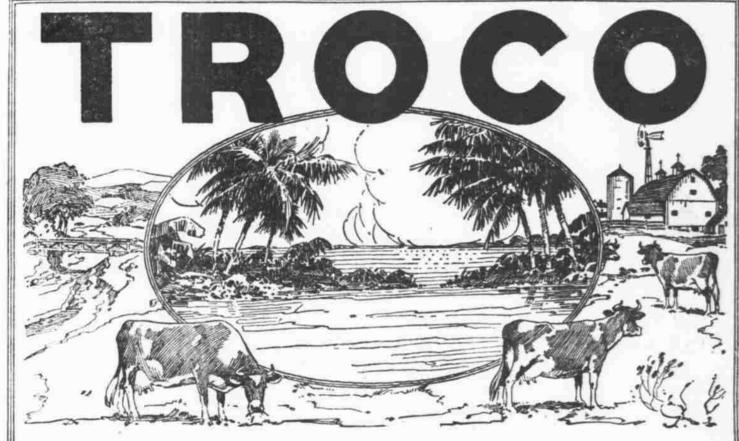
Six hundred Sinn Fein volunteers are in absolute control of the town,

Cascarets Work

While You Sleep

No headache, biliousness, upset stomach or constipation tomorrow

Spend 10 cents—feel grandt Tonight take Cascarets to liven your
liver and clean your bowels. Stopthe headaches, bilious spells, sourness, gases, coated, tongue, hadbreath, sallowness and constipation
—Take Cascarets and enjoy the
nicest, gentlest "inside cleansing"
you ever experienced. Wake up feeling fine. Cascarets is best cathartic
for children. Taste like candy. No
disappointment! Thirty million
boxes of this harmless, famous
cathartic are sold each year now.



Our Exclusive Process Gives **Troco Its Real Butter Flavor**

Troco is made from "fat" extracted from the white meat of cocoanuts - the fat from the same tropic delicacy you use

This appetizing product is

Troco contains no animal oils - nothing but pure vegetable fats and pasteurized milk for butter flavor. The Troco Company makes no animal oil products. It specializes on this one

Compare Troco with the Best Creamery Butter

The test of Troco is on the table, in comparison with the best creamery butter. This is where it wins butter lovers.

For cooking it has no equal, either in results or from the standpoint of economy. Troco goes farther than butter.

Old laws, made before Troco was invented, compel us to label it as an oleomargarine. This is extremely misleading.

Troco is a quality product used in homes where only the best is tolerated. Here flavor, quality and the assurance of fastidious manufacturing methods insure the popularity of Troco.

TROCO NUT BUTTER COMPANY, Milwaukee, Wisconsin

GOLDEN & CO., Distributors 922-28 Louisiana Ave. N. W. Phone Main 901

Your Dealer Has Troco or Can Get It for You

A Telephone Message Brings Prompt Delivery